

Basic Report 11240, Mushrooms, morel, raw

Report Date: March 24, 2015 21:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 66g	1 piece 12.9g
Proximates				
Water	g	89.61	59.14	11.56
Energy	kcal	31	20	4
Protein	g	3.12	2.06	0.40
Total lipid (fat)	g	0.57	0.38	0.07
Carbohydrate, by difference	g	5.10	3.37	0.66
Fiber, total dietary	g	2.8	1.8	0.4
Sugars, total	g	0.60	0.40	0.08
Minerals				
Calcium, Ca	mg	43	28	6
Iron, Fe	mg	12.18	8.04	1.57
Magnesium, Mg	mg	19	13	2
Phosphorus, P	mg	194	128	25
Potassium, K	mg	411	271	53
Sodium, Na	mg	21	14	3
Zinc, Zn	mg	2.03	1.34	0.26
Vitamins				
Thiamin	mg	0.069	0.046	0.009
Riboflavin	mg	0.205	0.135	0.026
Niacin	mg	2.252	1.486	0.291
Vitamin B-6	mg	0.136	0.090	0.018
Folate, DFE ^b	μg	9	6	1
Vitamin A, RAE	μg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin D (D2 + D3)	μg	5.1	3.4	0.7
Vitamin D	IU	206	136	27
Lipids				

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Fatty acids, total saturated	g	0.065	0.043	0.008
Fatty acids, total monounsaturated	g	0.052	0.034	0.007
Fatty acids, total polyunsaturated	g	0.433	0.286	0.056
Fatty acids, total trans	g	0.000	0.000	0.000

Footnotes

^a Ergosterol = 26 mg/100 g; Brassicasterol = 29 mg/100 g.

^b Value based on the analysis of 5-methyl tetrahydrofolate (5-MTHF), 10-formyl folic acid (10HCOFA), and 5-formyltetrahydrofolic acid (5-HCOH4)

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